



Peanut Butter Poke Cake Brownies

READY IN



220 min.

SERVINGS



36

CALORIES



132 kcal

DESSERT

Ingredients

- 18 oz brownie mix (13x9-inch pan size)
- 0.8 cup creamy peanut butter divided
- 6.8 oz jell-o vanilla flavor pudding instant
- 2 cups milk cold
- 2 cups cool whip whipped topping thawed

Equipment

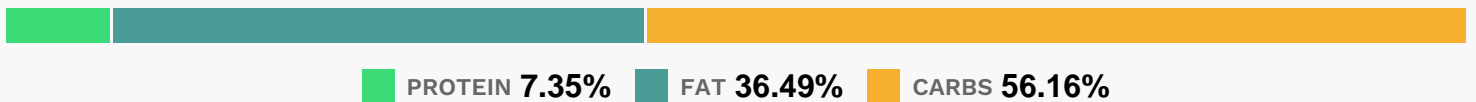
- bowl
- oven

- whisk
- baking pan
- toothpicks
- microwave

Directions

- Heat oven to 350F.
- Prepare brownie batter as directed on package; pour into 13x9-inch baking dish sprayed with cooking spray.
- Bake 40 min. or until toothpick inserted in center comes out with fudgy crumbs. (Do not overbake.) Cool completely.
- Make 36 holes in top of brownie, leaving thin layer of brownie on bottom on each hole. Reserve removed pieces for later use.
- Beat pudding mixes and milk in medium bowl with whisk 2 min.
- Add 2/3 cup peanut butter; mix well. Stir in COOL WHIP.
- Spread over brownie; top with reserved brownie pieces.
- Microwave remaining peanut butter in microwaveable bowl on HIGH 30 sec.; stir.
- Drizzle over dessert. Refrigerate 2 hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:1.44, Glycemic Load:0.37, Inflammation Score:-1, Nutrition Score:1.6765217496001%

Nutrients (% of daily need)

Calories: 132.36kcal (6.62%), Fat: 5.46g (8.4%), Saturated Fat: 1.64g (10.25%), Carbohydrates: 18.92g (6.31%), Net Carbohydrates: 18.63g (6.77%), Sugar: 13.48g (14.98%), Cholesterol: 1.71mg (0.57%), Sodium: 106.6mg (4.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.95%), Manganese: 0.08mg (3.99%), Vitamin B3: 0.73mg (3.67%), Phosphorus: 35.1mg (3.51%), Vitamin E: 0.52mg (3.45%), Iron: 0.5mg (2.78%), Magnesium: 11mg (2.75%), Calcium: 22.53mg (2.25%), Vitamin B2: 0.03mg (1.97%), Vitamin B6: 0.03mg (1.65%), Potassium: 55.93mg (1.6%), Vitamin B12: 0.08µg (1.36%), Zinc: 0.2mg (1.32%), Copper: 0.02mg (1.21%), Folate: 4.75µg (1.19%), Fiber: 0.29g

(1.16%), Vitamin B5: 0.11mg (1.08%), Vitamin B1: 0.02mg (1.06%)